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Ellen Vanstone
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metroVIEWS



Your essential daily news | MONDAY, MAY 15, 2017

High 24°C/Low 13°C Partly cloudy ☁️

THE RACE FOR POINT DOUGLAS



Bernadette Smith



Jodi Moskal



John Cacayuran



Sabrina Binesi

Metro begins our look at the four contenders

Today: Bernadette Smith seeks to defend this NDP stronghold **metroNEWS**



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Alex Krosney skates with the Winnipeg Roller Derby League.
CONTRIBUTED/MATT DUBOFF

Pride 30FOR30

Team support helps skater coming out

COMMUNITY

Roller Derby league offers safe space, boosts confidence

Danelle Granger
For Metro | Winnipeg

When Alex Krosney first went to Pride Winnipeg as a teenager, she wasn't out to anyone, including her family. But a pair of roller skates helped her along.

"When I went out, it was pretty incredible. It was the first time I had seen just how big the queer community in Winnipeg was," said the 25-year-old, more than six years later.

She watched the Winnipeg Roller Derby League at that first Pride event. Krosney joined the league in 2011 when she was still in university, and it was the first group of people she came out to.

"It's weird when you get out of high school and everyone knows you. I dated a really nice boy in high school and kind of went through

the motions. So everyone I grew up with knew me as a straight person," said Krosney.

While being in the league, she was also working with Vagine Regime, an international roller derby league. She said she was so excited about the work she was doing, it gave her the courage to come out to her parents.

Pride was and is the driving factor behind the league's Pride bout, which takes place during the week-long festivities. There are roller derby matches for beginner skaters and more advanced skaters, alike.

"Pride was something we used as a league to be like 'Hey everybody supports it, our league has been walking



It was the first time I had seen just how big the queer community in Winnipeg was.

Alex Krosney

in it forever. What if we took it a step further and did this Pride bout, where it kind of involved a bigger part of the community?" she said.

Pride also had an impact on the league's inclusion policies. Krosney said they started including a gender-neutral washroom at the Pride bout events, and then at other events, too.

Anyone who identifies as female or non-binary is also welcome to skate at the derby bout.

METRO ASKS

What's your favourite Pride moment? Two years ago at Pride, I went with my league, and my parents came out to support me with their three dogs. They showed up and met my team with the dogs all in rainbow bandanas, which was really nice.

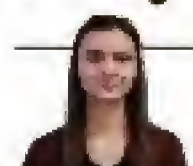
Why was Pride important 30 years ago? I think 30 years ago, visibility was a lot more groundbreaking than it is now. I think to have a space where you know the people around you aren't the same as you, but are living the same experiences as you, I think Pride would've been one of the only places to find that sort of community.

Why is Pride important now? I think Pride's important today because queer rights are not a guaranteed thing. We're lucky in Canada, our policies are more progressive. But all you have to do is look south of the border to see that gay rights or queer rights are not as safe. I think constantly having a positive, visible presence is part of what protects those rights that we have.

DANELLE GRANGER/FOR METRO

MUSIC

Royal Canoe amps up with Winnipeg Symphony Orchestra



Keila DePape
For Metro | Winnipeg

The simple pleasure of listening to a Royal Canoe album start to finish is about to be amplified by an orchestra.

The Winnipeg Symphony Orchestra (WSO) will perform with the local indie-pop band at the Centennial Concert Hall on May 25.

Royal Canoe's vocalist and keyboardist, Matt Schellenberg, pitched an idea to produce the band's latest album, *Something Got Lost Between Here and the Orbit*, and Toronto-based composer and producer, Dan Wiebe, spent eight months crafting the arrangement.

"I was a little surprised they were interested," said Schellenberg, who credits the opportunity to collaborate across genres to Winnipeg's small and tight-knit arts community.

"That's the wonderful thing about Winnipeg," said Schellenberg. "It's such a small city that art is its own genre."

Going from a six-piece band to a 60-plus piece orchestra takes a lot of planning and co-ordination, says Schellenberg. The band has been practising with a computer-simulated symphonic soundtrack to prepare.

"It's pretty incredible to hear all these things that you wrote late at night in your jam space be articulated in a professional, full-sounding way," said Schellenberg. "Fans should expect a lot of smiling ear to ear — or crying."

Royal Canoe only gets one practice run with the orchestra, meaning the product of months of hard work will be a surprise for all 2,000 people in attendance.

The result is sure to be "spectacular," according to Neil Middleton,

vice president of marketing and development for the WSO, who says transforming the band's album into an orchestrated arrangement was relatively easy for a band that "has a symphonic sound already."

"There's a real compositional approach to how they (Royal Canoe) put music together," said Middleton. "There's a lot that can be pulled out of it and expanded."

Royal Canoe and three other bands performed with the WSO back in 2014 for Manitoba Rocks, a special event in association with the Juno Awards. The positive response from that performance paved the way for the WSO's latest musical experiment, said Middleton.

Following the concert, an after-party will take over Centennial Concert Hall until 2 a.m. Tickets for the show and the after-party are available online and at the hall.



Royal Canoe will play a show with the Winnipeg Symphony Orchestra at Centennial Concert Hall May 25. CONTRIBUTED/CATIE LAFFOON



Forest tent caterpillars crawl along a tree in Winnipeg.

THE CANADIAN PRESS FILE

'Significant amount' of caterpillars expected

Warning: The following story may give you the creeps.

Winnipeg's top bug expert is forecasting a "significant amount" of forest tent caterpillars cropping up, as the city kicks off its caterpillar and elm bark beetle control programs for the season.

"Current surveillance information indicates that the forest tent caterpillar larvae are feeding on the leaves causing many small holes known as 'shot hole' damage," said Ken Nawolsky, the superintendent of insect control.

"Winnipeggers can expect to see a significant amount of forest tent caterpillars throughout the city this May and June based on surveillance information."

The insect control branch started tree-spraying for caterpillars on Sunday night in insect control areas 43 (around North Inkster Industrial Park) and 51 (around Amber Trails and Leila North).

Crews will focus on city boulevards, parks and cemeteries where caterpillars have been spotted.

The city is using a Health Canada-approved organic bug-killer, *Bacillus thuringiensis* var. *kurstaki* (Btk), sprayed on to trees in city parks and boulevards. Once the caterpillars ingest the spray, they stop munching on the leaves and die within three days.

Homeowners are responsible for dealing with bugs in their own yards.

As forewarning, the caterpillar larvae "typically feed on American Elm, Manitoba Maple, Green Ash and ornamental trees," according to the city.

JESSICA BOTELHO-URBANSKI/METRO

Three to see at Manito Ahbee

The 12th annual Manito Ahbee festival celebrating Indigenous arts and culture will envelop Winnipeg this week with song, dance and sacred fire. For information on all the action taking place May 17-21, visit manitoahbee.com. Here's Metro's trio of picks:

JESSICA BOTELHO-URBANSKI/METRO



EDUCATION

Teacher helps create 'authentic resources' for schools

Makers of an Indigenous-themed magazine are branching out into the classroom, creating lesson and unit plans on Indigenous education for high school teachers.

Christine M'Lot, a volunteer with Red Rising Magazine and a junior high school teacher, said she used the magazines as tools in her Grades 7 and 8 social studies and ESL (English as a second language) classes.

She found students gravitated to Red Rising's colourful artwork and stories written

by Indigenous youth.

"Whenever I bring the magazines into my classroom ... I have other teachers asking to borrow them. I think their students are really drawn to them," she said.

For M'Lot, having "authentic resources" on hand — meaning Indigenous-penned textbooks — is invaluable.

"As a teacher, I know that there are lots of other teachers out there who are uncomfortable teaching about Indigenous issues or topics,"

M'Lot said.

"They don't feel like they're the experts and they don't even know where to start and what resources are out there. So we're going to be creating that and kind of filling that need."

Though more universities are considering mandatory Indigenous course requirements, it's important to start the learning process earlier in students' lives, M'Lot added.

To kick things off, Red Rising is having an Idea Jam on

Kickoff (above): Be there from the beginning with the lighting of the sacred fire at the Oodena Circle at The Forks, Wednesday at 12 p.m. Take in a pipe ceremony, live entertainment and a traditional friendship dance.

Indigenous Music Awards (right): Dedicated to celebrating Indigenous artists from around the world, this gala at the Club Regent Event Centre is sure to impress. The awards ceremony starts at 8 p.m. Friday, with performances by Crystal Shawanda, Northern Cree, Christa Couture and Fred Penner on the bill.

Marketplace and trade show (left): Shaking down Saturday and Sunday, visit the RBC Convention Centre starting at 11 a.m. to shop for traditional or modern artwork and goods. Bonus: this is also where a massive art expo and the international pow wow is happening, featuring more than 800 dancers and drum groups.

PHOTOS COURTESY TRAVEL MANITOBA



Monday at R.B. Russell Vocational High School (364 Dufferin Ave.) from 4:30 p.m. to 7 p.m.

Anyone interested in helping create Indigenous educational tools is welcome to attend.

M'Lot said Red Rising hopes to have lesson and unit plans ready to provide high school teachers by the fall.

Those who want to submit creative work to Red Rising Magazine are also welcome to do so at redrisingmagazine.ca.

JESSICA BOTELHO-URBANSKI/METRO



Red Rising Magazine

COURTESY SADIE-PHOENIX LAVOIE

Families unsure about whether to participate in national inquiry

MMIW

Traumatized relatives and survivors want reassurances

Some families of missing and murdered indigenous women remain uncertain if they should take part in a national inquiry aimed at examining the violence in their communities, according to a group representing them.

Representatives of the Manitoba Missing and Murdered Indigenous Women Coalition said a meeting Saturday to talk over the responses from inquiry staff to major questions have failed to produce clear answers.

The group has raised concerns about the inquiry process and how traumatized families and survivors will be treated.

Coalition co-chair Hilda Anderson-Pyrz said these people need to be confident that it will be worthwhile for them to get involved.

"They need to give reassurance their voices will be heard in a good way and a meaningful way," Anderson-Pyrz said following the four-hour-long, closed-door meeting in Winnipeg's North End.

A major worry among the families is that the inquiry, announced by the federal government in December 2015, will be conducted within a framework that doesn't account for Indigenous ways and traditions, said Sandra DeLaronde, also a coalition co-chair.

"If we let the inquiry go on its own, it will completely be in a legal tradition," said DeLaronde. "It's the only chance we're going to get, and if it's



“Women become vulnerable, people that take advantage of vulnerability have their way, and then become victims of this issue.” Sheila North Wilson

Sheila North Wilson, the grand chief of an organization advocating for northern Manitoba First Nations, said the timeframe for the inquiry may not be enough to get the job done in a meaningful way. THE CANADIAN PRESS FILE

not done right, we've lost the opportunity."

More than 30 people attended the meeting, according to attendee Sue Caribou, who has seen several of her relatives murdered and others go missing.

"We're still in the dark," Caribou said.

The coalition sent 43 questions to inquiry officials after an earlier meeting with the inquiry's commissioners in Winnipeg.

That meeting came a few weeks after the inquiry postponed a series of regional advisory meetings supposed to help determine what issues should be covered when formal hearings get underway.

A copy of the questions and responses was supplied to The Canadian Press by people who attended Saturday's meeting.

One question was whether the inquiry's five commissioners and staff will receive "trauma informed" training.

No one from the inquiry's "health team" at the May 4 meeting assisted a family member who broke down and left, the coalition said in the document.

The coalition also asked how the inquiry will reach families and survivors in Canada's isolated or northern communities and those who don't use social media.

Inquiry officials responded that commissioners, directors and most of the staff will be

trained in June 2017. They responded the inquiry is still working on an outreach strategy which may include "posters, podcasts on local radio stations."

The inquiry is to complete its work and wrap up by December 2018, and the document says it is planning to do its work within the existing timeframe and budget.

Sheila North Wilson, the grand chief of an organization advocating for northern Mani-

toba First Nations, said it may not be enough time to get the job done in a meaningful way.

"The biggest need, immediately, that I see is we need to provide better resources and opportunities for our women and girls and families because ultimately that's what leads to what happens," she said.

"Women become vulnerable, people that take advantage of vulnerability have their way and then become victims of this issue." THE CANADIAN PRESS

INQUIRY

Stalled process means victims must wait to speak

For 16 years, Maggy Gisle thought her lot in life was to be a "junkie, a prostitute and a drug dealer."

Now, Gisle — once known as "Crazy Jackie," a fixture on the Downtown Eastside who would inject cocaine to suppress her nightmares of childhood sexual abuse — has returned to her old Vancouver haunts, this time with a more noble mission.

Gisle spends her own time and money collecting stories and input from others on the strip, hoping to provide material to the forthcoming national public inquiry into missing and murdered Indigenous women.

She counts herself among the growing ranks of aboriginal Canadians, advocates and family members growing frustrated and despondent about a lack of a timeline as to when they can share their testimony.

While the commission is set to hold its first public hearing on May 29 in Whitehorse, other meetings won't take place until later this fall at the earliest.

No other dates have been confirmed for hearings, an inquiry spokesperson said in a statement, and the commission has yet to develop a database comprising the names of the victims.

"There are now about 294 families who have reached out to the national inquiry and identified as wishing to participate," said communications director Bernee Bolton. "There is an extensive community engagement and communications plan to connect to families and survivors."

Gisle has spent about \$1,300 of her own savings to travel to Vancouver from her home in Lund, B.C. to ensure the voices of women like her, many still living on the streets, do not fall through the cracks.

"The inquiry is all very well and good, but the public won't

get a full picture if they don't know what is actually going on on the streets right now," said Gisle, who plans to gather material by videotaping interviews with the women.

"All this time, they could have been compiling information and getting statements or at least doing an updated list for the missing women and everything is on hold ... the public is frustrated, too."

Susan Vella, the inquiry's lead legal counsel, said it will be critical to build relationships in order to gain the trust of survivors.

THE CANADIAN PRESS

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'I wanted to give back': Smith

POLITICS

NDP candidate plans to focus on child care and education



Keila DePape
For Metro | Winnipeg

Bernadette Smith is hoping to maintain the NDP's stronghold in Point Douglas.

The NDP MLA candidate is putting education, affordable housing, and child welfare system reforms at the top of her priority for the June 13 byelection.

Born and raised in Point Douglas, Smith "grew up in poverty," in a single-parent household on social assistance.

After having dropped out of school at age 17, Smith "got tired of working paycheck-to-paycheck," returned to school, then worked as a respite worker at Marymount for 12 years.

"I was a kid in care, so I want-



Bernadette Smith the sister of Claudette Osborne who has been missing since 2008 lays placards, of 94 women who have been murdered or are missing in Manitoba, at the Manitoba Legislature in Winnipeg in August 2009. THE CANADIAN PRESS

ed to give back."

Smith, now a mother of three, believes child and family services "apprehends too early" and advocates for more in-house

support for families.

An assistant director of Way-Finders Program and longtime teacher in the Seven Oaks School Division, Smith says

"education is key to getting out of poverty."

Responding to recent concerns over high absenteeism rates in North End schools,

Smith wants to see better transitional services for students moving from Grade 8 into high school, so kids "don't feel so like they're lost."

Smith wants to see support for students extending beyond the school years, adding "I'd like to look at where are the jobs are and where we need to be supporting students."

Like her education platform, Smith's advocacy for Indigenous issues also comes from personal experience.

In 2008, Smith's sister, Claudette Osborne, went missing.

When the family reached out to the community for a search party, "only our family showed up," said Smith.

That lack of support promoted Smith to co-found Drag the Red and the Manitoba Coalition of Families of Missing and Murdered Women in Manitoba.

If elected, Smith promises to push for "more communication to community members" about the national inquiry into missing and murdered indigenous women, which faces ongoing criticism about transparency from community groups.

PROFILE

Three fun facts about Bernadette Smith

■ Her top hidden gem of Point Douglas: Donut House

■ Her favourite restaurant in Winnipeg: Windmill Lunch

■ Her favourite TV show: Grey's Anatomy

Smith also said she will push for the province to adopt a family information liaison unit to complement the inquiry.

The MLA seat in Point Douglas has been held by the NDP for over two decades, most recently by Kevin Chief, who resigned in December.

"Kevin was a great community connector," said Smith. "I'll continue that work."

Nominations in the constituency will officially close on May 29.

MEET THE POINT DOUGLAS CANDIDATES

THE CANADIAN PRESS



The Tories are running Jodi Moskal, an electrician and former chair of the Winnipeg Chamber of Commerce.



The Liberals are running John Cacayuran, who used to work for Liberal MP MaryAnn Mihychuk



The Green Party has nominated Sabrina Binesi, who has worked as an executive office assistant in a number of federal and provincial government departments.

This marks the first of Metro's look at each of the Point Douglas candidates.

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New Brunswick high on pot legalization

MARIJUANA

But other provinces fret over work still to be done

Provinces have been protesting the large volume of work and heavy costs they say the Trudeau government has piled on them in its rush to legalize recreational cannabis across Canada by next year.

So far, however, the small province of New Brunswick has been taking the high road.

Unlike other members of the federation, New Brunswick isn't pressing for federal compensation to cover the bills of pot legalization, nor is it in a particular scramble to draw up the plans, the province's health minister said.

Provinces have been busy

since the federal government tabled legislation last month to legalize and regulate recreational marijuana use, with a primary aim of keeping weed out of the hands of youth and criminals. Ottawa hopes to make it happen by July 2018.

"We didn't just wait for the federal legislation and then start — we started doing our homework and our due diligence well before, anticipating what the federal legislation was going to look like," New Brunswick Health Minister Victor Boudreau said in an interview.

"There's no question if the federal government is willing to help with some of the up-front costs — I'm sure we wouldn't say no to that. But I'm not necessarily saying that would be necessary just yet, either."

New Brunswick's enthusiasm is connected to the fact the province views pot legalization as a future driver for its struggling

economy. Premier Brian Gallant has been trying to position New Brunswick to ensure it gets a big percentage of Canada's eventual regulated-pot industry, which he predicts will generate "significant" growth.

Some provinces, however, aren't expecting meaningful windfalls — if any at all — once startup costs are factored in. They've also expressed concern about what they see as a hurried course set by Ottawa toward legalization.

Quebec Public Health Minister Lucie Charlebois warns that meeting the federal timeline will be a challenge as provinces, territories and municipalities race to develop complex pot-related rules, programs and strategies within their own jurisdictions. Setting guidelines related to the minimum legal age, retail sales, public health, education and security are among the wide range of needs. THE CANADIAN PRESS

FLOODING

Massive cleanup is underway

A massive cleanup operation is underway for many Montrealers affected by recent floods.

The city has lifted its state of emergency but water is still visible on some roads and in many basements.

Citizens are gradually being allowed to return home as flood waters recede in most parts of the province.

On one street in Montreal's Pierrefonds borough,

homeowners are ripping up floorboards and drywall and throwing out waterlogged belongings.

Many say the damage will cost tens of thousands of dollars and government aid won't cover most of it.

As of Saturday night, the province's emergency management department said almost 4,600 residences were struck by flooding. THE CANADIAN PRESS



City workers pick up debris. PAUL CHIASSON/THE CANADIAN PRESS



The find is the best-preserved armoured dinosaur in the world. COURTESY GOVERNMENT OF ALBERTA

Fort Mac dino 'truly exceptional'



Jeremy Simes
Metro | Edmonton

Digging through the earth six years ago, an oilsands miner working north of Fort McMurray hit it big — except it wasn't oil he hit, but a dinosaur.

Little did he know, he'd just unearthed one of the most significant dinosaur finds ever.

"It's been worth the wait," said Donald Henderson, the curator for the Royal Tyrrell Museum, during an announcement Friday for the first-ever unveiling of the 112-million-year old armoured dinosaur, known as a nodosaur.

"It's the best-preserved armoured dinosaur in the world."

The nodosaur had been so well kept that pieces of its skin, its armour, and stomach content are preserved.

"It's truly exceptional," Henderson said, noting the fossil is three-dimensional, a rare treat because most specimens are usually flattened.

He said the fossil's near-pristine condition was caused by its quick burial undersea millions of years ago, when Alberta was home to a subtropical climate with lush forests and rivers flowing into a warm inland sea.

Prior to its death, the nearly 3,000-pound, 18-foot long herbivore grazed the lands much like

a rhino. Scientists plan to study its armour to deepen their understanding of what the species looked like and how they moved.

But what's more remarkable, according to Henderson, is the fact that it had been discovered in the first place.

He said miners at the Sunco Millennium Mine near Fort McMurray had shifted 1.3 billion cubic metres of rock from the site over a span of 20 years, without finding a single significant fossil.

That's until they came across the nodosaur.

"You could squeeze this thing into a cubic metre," he said. "So this is really a one-in-a-billion find."

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THE PRAIRIES



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Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at scene@metronews.ca or post to Instagram or Twitter with the hashtag #150postcards.

Cyberattack havoc may grow

SECURITY

Warning to update systems as people return to work

An unprecedented "ransomware" cyberattack that has already hit tens of thousands of victims in 150 countries could wreak greater havoc as more malicious variations appear and people return to their desks Monday and power up computers at the start of the workweek.

Officials and experts on Sunday urged organizations and companies to update their operating systems immediately to ensure they aren't vulnerable to a second, more powerful version of the software — or to future versions that can't be stopped.

The cyberattack paralyzed computers that run Britain's hospital network, Germany's national railway and scores of other companies and government agencies worldwide.

The attack, already believed to be the biggest online extortion scheme ever recorded, is an "escalating threat" after hitting

200,000 victims across the world since Friday, according to Rob Wainwright, the head of Euro-pol, Europe's policing agency.

"The numbers are still going up," Wainwright said. "We've seen that the slowdown of the infection rate over Friday night, after a temporary fix around it, has now been overcome by a second variation the criminals have released."

Researchers discovered at least two variants of the rapidly replicating worm Sunday and one did not include the so-called kill switch that allowed them to interrupt its spread Friday by diverting it to a dead end on the Internet.

Ryan Kalember, senior vice-president at Proofpoint Inc., said the version with no kill switch was able to spread but it contained a flaw that wouldn't allow it to take over a computer and demand ransom to unlock files. However, he said it's only a matter of time before such a version exists.

"I still expect another to pop up and be fully operational," Kalember said. "We haven't fully dodged this bullet at all until we're patched against the vulnerability itself." THE ASSOCIATED PRESS

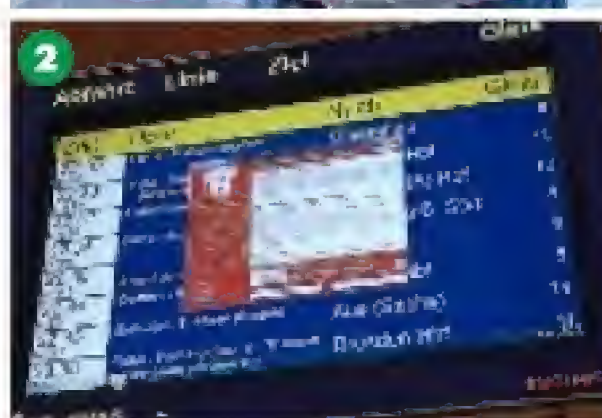


Impact around the world:

1 England — Patrick Ward's heart operation scheduled for Friday was cancelled after St Bartholomew's Hospital in London was one of the hospitals whose computer systems were affected by the cyberattack. MATT DUNHAM/AP

2 Germany — The national railway Deutsche Bahn said early Saturday that departure and arrival display screens at its stations were hit Friday night by the attack but there was no impact on train services. P. GOEZELT/DPA VIA AP

3 France — The Renault factory in Douai, northern France, won't be open on Monday following the cyberattack. PHILIPPE HUGUEN/AFP/GETTY IMAGES



James Clapper ASSOCIATED PRESS

Former chief of intelligence blasts 'assault' on democracy

American democracy is "under assault" on separate fronts from President Donald Trump and Russia, the former U.S. intelligence chief warned Sunday, expressing dismay over the abrupt firing of FBI director James Comey amid a probe into Moscow's meddling in U.S. elections and possible ties with the Trump campaign.

As Trump works to fast-track Comey's successor, lawmakers from both parties urged him to steer clear of any politicians for the job and say he must "clean up the mess that he mostly created."

"I think, in many ways, our institutions are under assault, both externally — and that's the big news here, is the Russian interference in our election system," said James Clapper, the former director of national intelligence. "I think as well our institutions are under assault internally."

THE ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



Dear Ellen,

I was driving my car the other night when a bike came out of nowhere and I nearly collided with it. The cyclist swore at me and rode off. I'm sure he was very upset, but I don't think his behaviour was acceptable, especially since he had no bike light, and he was dressed entirely in dark clothing, and was completely invisible. Am I right to be offended by his "rude" behaviour?

A Responsible Driver

Dear Responsible Driver,

When it comes to feeling offended, there is no right or wrong. It's how you act that matters. In the situation you describe, how the cyclist acted was both rude and dangerous.

I sometimes drive a car and often ride a bike in the city, so I've seen both sides in the road wars between the two factions. As a cyclist, I've been hit by cars twice, run off the road, doored, plus the usual quota of terrifying near misses. I've pedalled madly after bad drivers for blocks in order to knock on their car window and politely but firmly chastise them (no swearing) for cutting me off or suddenly, scarily blasting their horn at me for no reason.

As a driver, I've also seen the kind of bike behaviour that gives all of us cyclists a bad name — weaving in and

Yes, cars are bigger and can kill you. That doesn't mean you get to treat their drivers with utter disrespect.

THE QUESTION

Are cyclists entitled to treat drivers rudely?



Ani Castillo

out of traffic, riding on the sidewalk, hogging an entire lane when there's no need, failing to signal before turning or coming to a sudden stop, cutting off other cyclists or startling them by passing on the inside. One of the worst offences is riding a bike at night without a light, then having the gall to become indignant when cars almost run them over.

For all the bad cyclists out there, please note that it's not only dangerous when you break laws and ride so recklessly. It's also the

height of rudeness. Yes, cars are bigger and can kill you. That doesn't mean you get to treat their drivers with utter disrespect. At the very least, you're causing unnecessary stress in another human being who's just trying to legally get through the day. You're also contributing to a destructive dynamic between drivers and riders. At the very worst, you're risking not only your own injury or death, but the likelihood of ruining another person's entire life if they end up injuring or killing you through no fault of their own.

If you get caught on your bike at night without a light, take side streets with no traffic. If a car approaches, stop or ride slowly on the sidewalk if there are ZERO pedestrians around. If there's no way to avoid traffic, get off your bike and walk it home.

Basically, do not make yourself both invisible and obnoxious whilst riding at night. It's the polite thing to do.

Need advice?
Email Ellen:
askellen@metronews.ca

VICKY MOCHAMA

Can we really trust the cartoons trying to breach our borders?

For \$345 million US, Canadian company DHX Media bought iconic cartoons Peanuts and Strawberry Shortcake. While some have suggested the cartoon children's exodus is related to Trump, that's purely coincidental.

But there is reason to believe their application for Canadian citizenship may be fraudulent. While only adults face formal interviews, Charlie Brown and Strawberry Shortcake are suspect.

Although Mr. Brown is nearly 69 years old and Ms. Shortcake is 38, they claim to be eight and six. On these grounds, immigration officials sat down with the applicants. Here is a snippet of the conversation:

Interviewer: What are your reasons for moving to Canada?

C. Brown: It can be hard for a bald kid to make it in America. In Canada, anyone can kick a football or fly a kite.

Interviewer: What do you say to reports that you are being paid to move here?

S. Shortcake: That is berry much none of your business!

Interviewer: Have you ever been affiliated with any terrorist or secessionist groups?

C. Brown: To some, Linus' obsession with the Great Pumpkin might come off as fundamentalist in nature, but I assure you it's a childish obsession.

Interviewer: What is the nature of your relationship?

S. Shortcake: Let's just say someone is berry into girls

with red hair.

Interviewer: How much do you know about Canadian history?

C. Brown: Mrs. Othmar may have mentioned something, but she's so difficult to hear.

Interviewer: How do you plan to support yourself while in Canada?

C. Brown: I have decades of experience as a baseball team manager. I'll be consulting for the Toronto Blue Jays.

Interviewer: One of your co-applicants, a Ms. Lucy van Pelt, says the team only wins when you're not there?

C. Brown: Yes, the team has asked that I not attend any games.

Interviewer: And you, Ms. Shortcake?

S. Shortcake: There's a berry big opportunity in the strawberry industry! Canadian strawberry production has decreased but domestic consumption has increased! Imports are berry big business!

Interviewer: Do you have any friends or family in Canada who will be helping you settle in?

C. Brown: My good friend Caillou has kindly offered us a place to stay.

S. Shortcake: We'll see about that. No one likes him. Even you don't like him.

File notes: Both applicants were unwilling to confirm their ages. Mr. Brown insisted they are simply "mature for our age."

Since they appear to be children, however, their application is approved.

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The appeal of Brigitte Macron

CULTURE

Why France's new first lady will be unlike any other in country's history

Genna Buck
Metro | Toronto



When it comes to the appeal of Brigitte Macron, the new first lady of France, North Americans just don't get it.

That's according to Thomas Gallezot, who organized president-elect Emmanuel Macron's campaign in Ontario and Manitoba. (France, uniquely, divides the whole world up into ridings and elects MPs to represent expatriates).

Macron, 39, and his 64-year-old wife are subjects of great fascination in France, where the country's youngest postwar leader was inaugurated Sunday amid much pomp and ceremony.

But the attention that has focused on the new first couple at home is not what one would expect, Gallezot said.

Over the course of the campaign, Brigitte Macron "shifted from a liability to an asset," he said.

"She's incredibly loveable, with incredible grace ... in my mind it's very similar to the Obama couple."

Like Obama, Macron inspires respect and admiration even from people who disagree with him politically, Gallezot said — and that's thanks to his wife.

The Macrons' unabashed affection for one another makes people think,

"This president is probably a good person, because he succeeded in building this couple," he said.

It's well known in political circles, he added, that Brigitte is easier to approach than Macron — her interpersonal skills are just better.

"She's very confident in who she is, doesn't need to prove anything, perhaps because she never had to struggle. She came from a rich family," Gallezot said.

Brigitte Macron appears ready to become a first lady unlike France has ever had. Her involvement in the campaign as a "great political mind" in her own right is a "game changer" in France, Gallezot said, but what's even more unusual in French political culture is the fact that she and Macron have no children together and never planned to do so.

"It's a shocker for people, for him to not have children with this woman from the get-go," he said.

What isn't so shocking in France, Gallezot said, is the couple's age difference. The couple first met when Macron was just 15 and Brigitte, then a married mother of three, was his drama coach.

It seems tawdry to North American sensibilities, but "it's not such a big deal," Gallezot said. "(In North America), the teacher is really an authority. It's different in France, especially in a

bourgeois town like theirs. I cannot count the number of French movies where the teacher has a love affair with a young student."

That's not to say Brigitte escaped misogynistic abuse from the media and the French public, Gallezot added, citing a cartoon in the far-left magazine Charlie Hebdo that pictured Macron with a very pregnant Brigitte and the caption, "He will make miracles!"

Susan Prentice, a sociology professor at the University of Manitoba, points out that the couple's age difference is the same as that of Donald and Melania Trump.

"The interest in the age difference between Macron and Brigitte is pure evidence of an enduring double standard," Prentice said in an email.

Despite this and other gossip and conspiracy theories — like one suggesting that he is gay and Brigitte is his cover, which Macron condemned for being the result of "rampant homophobia" — Gallezot believes Brigitte's charisma played an important role in attracting voters to Macron's party, En Marche, and ultimately swinging the election in his favour.

That was especially true in Canada, where French voters were already disposed to like Macron because of his pro-European, centrist views — a huge contrast with his far-right, anti-immigrant opponent Marine Le Pen, who was extremely alarming to the emigrant community living abroad.

"The media uses the term cougar to refer to Brigitte. It's not fitting to her at all. It means predator. She's the contrary of a predator. Everyone comes to her."



Brigitte Macron gestures to crowds Sunday at the Elysee Palace to attend her husband Emmanuel's inauguration as French President.
GETTY IMAGES

“She’s the contrary of predator. Everyone comes to her.”

Thomas Gallezot



Kathryn Hahn's sexual letters to Dick bring female desire to the forefront of Amazon Prime's I Love Dick. CONTRIBUTED



JOHANNA SCHNELLER WHAT I'M WATCHING

Female desire — finally in fearless focus

THE SHOW: *I Love Dick*, Season 1, Episode 1 (Amazon Prime)
THE MOMENT: The meeting

Chris (Kathryn Hahn) is a frustrated filmmaker. Her husband Sylvere (Griffin Dunne) is a writer. He has a fellowship in groovy Marfa, Texas, run by Dick (Kevin Bacon), a revered environmental artist. She wasn't planning to stay.

But she goes to a party, and he's there. Dick. He approaches her. The background noise drops out. We hear only their

conversation — ordinary pleasantries — over a low thrum. The sound of her desire.

Artful close-ups make us feel her chest tighten, her breath grow gaspy. Casually, she says, "I'm here with my husband."

On the word "husband," the sound comes back up.

This series, co-created by Jill Soloway, from Chris Kraus's source book (a feminist classic), is the most exciting thing to come along since Soloway's last series, *Transparent*.

It takes on the world's big-

gest taboo — female desire — from an adamantly female perspective.

The female gaze is the subject in art and entertainment now, and it's fearlessly the focus here. Chris writes frankly sexual letters to Dick (we hear them in voice-over, and phrases appear on screen in red block letters).

Female desire is scary because it's perceived to shatter families and threaten society. Soloway and her (all female) writers use that — by season's

end, Chris's letters have affected every character. The show's brilliance is how it communicates that, not by being didactic, but via character and a nuanced cinematic language (like this scene).

Desire, Chris writes, is "claustrophobia inside your skin." Soloway shows us what that looks like — to her.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

She imagined her future. Can you imagine yours?

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No madness in this icy Method

WELLNESS

Mindfulness as extreme sport for Wim Hof's new disciples

Jonathan Forani
life@metronews.ca

On a chilly April afternoon a dozen men and three women all in swimwear surround a kiddie pool in an outdoor space in Hamilton. Exotic fish decals decorate the bottom of the crystal blue pool, but the water at 40 F (4 C) is less than tropical.

Psyching themselves up, they crouch and grunt "hoo, ha!" — one man is overheard chanting "I am heat, I am sun," and then one at a time they step into the pool of icy water and submerge themselves — a baptism of sorts into the Wim Hof Method.

"You put someone in an ice bath and they're a different person," says workshop leader Giovanni Bartolomeo. Their self-confidence gets a boost and they realize a lot of the fears they had were just in their head, he says. "(The Wim Hof Method) really inspired me to see what the true potential was of human beings."

The Wim Hof Method is mindfulness as an extreme sport.

Its founder Wim Hof is a 58-year-old Dutchman who is famous for his ability to withstand extremely cold temperatures for long periods of time.

After the death of his wife by suicide in 1995, Hof began soul searching, plunging into frozen ponds to numb the emotional pain and push his body beyond its limits. Hof, who once said "cold is the absolute doorway to the soul," discovered he could withstand freezing water and extreme altitude with the proper regimen of mental focus and breath work.



Giovanni Bartolomeo (above), the first certified Wim Hof Method instructor in Canada, demonstrates cold therapy to new followers of the creed in Hamilton, Ont. TORSTAR NEWS SERVICES

He became known as "the Iceman," set records for sitting in ice baths for nearly two hours at a time, and climbed above the Mount Everest "death zone" (22,000 feet) wearing just shorts.

Hof will host his first Toronto workshop May 20 at the Evergreen Brickworks. Bartolomeo is one of more than 100 people who dropped \$250 to participate in the sold-out workshop.

"People think I'm nuts," says Bartolomeo, 35. "They think anyone who would do that is looking for pain and they don't realize there's so much more depth to the practice."

Bartolomeo heard about Hof through the popular 2015 VICE documentary called Inside the Superhuman World of the Iceman about the daredevil and

thought climbing a mountain in shorts seemed like an ideal item for a "macho" bucket list.

As Bartolomeo began studying the Method, culminating last November at advanced instructor training in Colorado, it became more than a box to tick, but a lifestyle transformation. He quickly doubled the number of push-ups he could do from around 25 to 50 and has endured hours in below freezing temperatures wearing little more than shorts.

"I've done a lot of soul searching," he says. Through the Hof Method, Bartolomeo built up the

courage to endure other challenges, completing a 55-day fast during which he only drank juice and lost 40 pounds, and travelling to South America to drink ayahuasca, a powerful substance that makes some vomit and hallucinate.

Bartolomeo was the first in Canada certified as an instructor in the self-improvement lifestyle that makes mindfulness an extreme sport and mystifies many in the scientific community.

The goal of this Method is to control the autonomic nervous system and achieve improved

strength, health and happiness. Hof's record-setting cold immersion ability baffled scientists. They put him under the microscope so to speak, to learn how he can withstand so much.

Many scientists and Hof followers believe that through a rigorous daily routine of mental focus, cold immersion and meditative breathwork, the human body can exploit a deeper strength to lose weight, boost physical performance and even combat and prevent illness.

"It's largely unproven but that doesn't mean it is right or wrong," says Greg Wells, an assistant professor of kinesiology at the University of Toronto, who has studied hyperventilation and cold immersion and tried the technique a few times at the Zurich Titan Summit in December. "This is an example of a practitioner pushing the limits of what humans are capable of and science is being forced to catch up."

During one of the major studies on the Method in 2011, scientists at the Radboud University Medical Centre in the Netherlands compared the immune response of a Hof-trained group to an untrained group by administering E. coli bacteria that should make them sick. The Hof-trained group was fine, while the untrained group was sick and shaking for hours.

The Method has three pillars: cold therapy, breathing,

and mental focus. The latter is what wimhofmethod.com describes as "commitment," the foundation of the first two pillars. Cold immersion and breathwork "require patience and dedication in order to be fully mastered," the site reads.

During the daily breathing regimen, which is outlined in Method workshops, Hof followers complete 30 deep hyperventilation-style breaths and hold the final exhale for as long as they can, usually a couple minutes. This process of increased respiration expels carbon dioxide, lowering the acidity and increasing the alkaline levels in the bloodstream, according to research published in the scientific journal PNAS. This effect not only raises the oxygen levels in the blood but turns off pain receptors in the body to enhance the ability to withstand cold for longer.

All of this should be done under supervision, advises Wells, as there is a risk of fainting from the hyperventilation and a risk of "afterdrop" following cold immersion when cold blood circulates to the core and drops the body's core temperature.

Performing the Method is like hacking the body's true potential, many practitioners say, which is why some of Hof and Bartolomeo's peers consider themselves "bio-hackers."

At the Hamilton workshop, 16 people lay on yoga mats hyperventilating, psyching themselves up for the ice bath. Among them is 28-year-old architectural designer Jeff McGlynn, a former bartender and self-proclaimed partier who turned his life around when he began to focus on nutrition, meditation and other mindfulness regimens including the Wim Hof Method.

"It's medicine, man," he says. "Generally, we sit in a conscious state that's way too high with all the stimulation we have around us."

TORSTAR NEWS SERVICE

“This is a practitioner pushing the limits of what humans are capable of and science is being forced to catch up.” Greg Wells, U of T

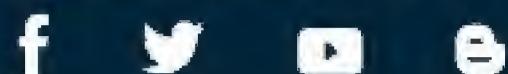


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YOU CAN DO THIS FILM, TV AND THEATRE MAKEUP ARTIST

Seeing your art on the screen

WHY I LIKE MY JOB

Kristin Wayne, 31, freelance film and television makeup artist, Toronto

I was going to the University of Guelph taking science and arts, and I wasn't really into it. I always loved makeup so much, but had never thought about it as a career. A friend of mine suggested I look into being a makeup artists.

After I finished my degree, I went to Toronto's CMU College of Makeup Art & Design, which covers all elements of makeup — fashion, TV, theatre, prosthetics, creature design and basic hairstyling. And there, I was really inspired by the film and television section — I loved all the special effects makeup can do.

I graduated at the top of my class and was given the opportunity to go to Vietnam and work on a Vietnamese feature film there for three months. It was an incredible experience. When I came back, I started volunteering on productions and student films, trying create a network of people who could hire me later on. I've been doing this for almost 10 years now and I'm always trying to build my network larger.

I usually go in in the morning and process my cast for the scene they're doing. I apply the makeup and sometimes special effects — whatever the scene requires that day. It depends on what they're doing, but I can make them look tired, or awake, or I can apply special effects make up. There's a lot of variety. I'm currently on a movie called Flint, about the water crisis in Flint, Michigan. Some of my other credits include assisting on Orphan Black and Guillermo Del Toro's new film Shape of Water. Sometimes I'll be



on location with long days, others it's just a quick bit of work in the morning. And it's different if I'm on a film or on a TV show or a corporate shoot.

The variety is amazing. Every day I'm doing something different, and I'm working with all different types of people. I really love that. And I'm an artist so the creativity that comes along with it is so amazing.

THE BASICS: Makeup artist

\$39,000

Median annual salary for an intermediate-level makeup artist. Those with advanced experience and prestigious resumes can expect to earn upwards of \$140,000 per year.

+14%

The amount of growth expected in this field over the next 8 years.

Data for this feature was provided by payscale.com, beauty-institutecanada.com, schoolofmakeupart.com, Canadian-universities.net, latse873.com and onetonline.org.

HOW TO START

Beyond a high school diploma, there are few official requirements for becoming a makeup artist in the film, TV or theatrical space. However, many positions — particularly for those on special-effects-heavy sets — require advanced training from dedicated trade schools, such as the makeup program at the Vancouver Film School or Toronto's School of Makeup Art. At these programs, students learn basic cosmetology and hair training, as well as more advanced techniques for applying special effects. It's common for new makeup artists to have to build out their careers through networking, volunteering on student productions or low-budget indie films. There are unions across the country that regulate makeup artists, and each will have different requirements for entrance: In Toronto, for example, to be accepted into the IATSE union, makeup artists are required to have experience with film and TV makeup techniques, corrective and aging makeup experience, and facial hair application.

WHERE YOU CAN GO

There are opportunities for specially trained makeup artists in most cities with a heavy presence of film and television production, and with major theatres, including Toronto, Vancouver, Halifax and Montreal. As many makeup artists are freelance, they'll often supplement their income with bridal and corporate work.

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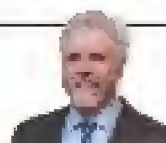
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Finding the cream of the canola crop

TERROIR

New branding builds on unique conditions where oilseed is grown

Owen Roberts
Urban Cowboy



Manitoba farmer Bruce Dalgarno is pumped. He's preparing to plant a whopping 485 hectares of canola — the crop that turns fields a brilliant yellow — on his farm, an hour north of Brandon.

His crop will cover the equivalent of about 900 football fields. That's a lot of canola.

However, it's a relatively tiny portion of the crop — one football field's worth, perhaps — that has him the most excited. That's the part he'll dedicate to helping advance a new cold-pressed, premium canola oil initiative called XV Canola (XV means extra virgin).

It's designed to distinguish canola oil from his farm and others in his immediate region, from canola grown elsewhere in the province.

And all this is made possible, says Dalgarno, because heart-healthy canola has been found to have its own terroir. "It's exciting," says the farmer. "If consumers want a distinct canola, we can deliver a terroir product."

Really? A terroir, like wine, coffee and chocolate...from the canola fields of Manitoba? It's true.

Terroir is the way the geography, geology and climate of a location interact with plant genetics. The mingling results in distinct biochemistry and characteristics, especially taste and colour.

Terroir is the talk of cocktail parties. It's usually the domain of high-value food



Bruce Dalgarno (right) is one Manitoba farmer who is preparing to make premium canola oil with a terroir designation. TOP PHOTO: ISTOCK; OTHER PHOTOS: SHANNON VANRAES/FOR METRO



THE FUTURE of FARMING

Canola: a truly Canadian crop

Canola was developed in Winnipeg in the early 1970s, by researchers at Agriculture and Agri-Food Canada and the University of Manitoba. Its name combines the words "Canada" and "oil." Canola has caught on with farmers and consumers. Canada's canola industry adds more than \$26 billion in economic activity to the Canadian economy.

The biotech connection

Canola was developed using traditional plant breeding techniques. Over time, though, canola was altered using biotechnology, so farmers wouldn't have to spray as much herbicide (to kill weeds). It's the canola plants that are modified, not the oil. Canola oil from the herbicide-tolerant plants is not genetically modified.

and beverages, not a widely grown commodity like canola.

But Ellen Pruden, director of the Canola Eat Well program for the Manitoba Canola Growers Association, had a hunch that the oilseed would

present different characteristics depending on where it was grown.

Plus, she thought a terroir label might help personalize canola, and help it capitalize on the local, authentic food

movement.

So she and her colleagues at the association worked with food innovation company NuEats, the commercialization arm of the Manitoba Agri-Health Research Network, to take the idea of canola terroir for a test drive.

They gathered canola from farmers in three different areas of the province, about 400 km. from each other. They had it cold-pressed into high-quality oil, and ran it by 12 taste testers, including experienced chefs and culinary teachers.

The results were clear.

Oil from Dalgarno's farm, furthest west of the lot, was bright yellow and had a nutty aroma. Oil from the north was more orange, and had what Pruden describes as "grassy notes."

And finally, oil from the Winnipeg area had a strongly intense fresh canola aroma and flavour, owing perhaps to the



FARM links

More on canola oil and its uses online

What is canola, anyway?

canolacouncil.org/oil-and-meal/what-is-canola

Where to buy X V (extra virgin) Canola

xvcanolaoil.com

Power Bowl Recipe

Canola oil may be used in a number of tasty dishes. One of Pruden's favourites is this Green Goddess Power Bowl Recipe: canolaeatwell.com/recipe/green-goddess-power-bowl

Take our poll

What is your favourite use for canola oil? Let us know at metronews.ca



soil's high iron content.

Vive la difference! said the canola association. And it proceeded to bottle the oil in 500 ml and 250 ml containers (as well as four-litre jugs for the foodservice sector) and sell it online, where consumers gobbled it up.

Buoyed by this initial reception, 17 canola farmers, including Dalgarno, are joining forces this year to create a company that will sell terroir canola by three newly named areas: Northern Lights (the north), Big Prairie Sky (central) and Heartland (south).

Prices haven't been firmed up, but it's expected to fetch farmers up to 20 times the price of regular canola oil.

No wonder farmer Dalgarno is excited.

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.



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Deals are always better on the north side of the city!

Pillar rocks M's to sleep

MLB

Jays' centre-fielder makes Mom proud with walkoff

As Kevin Pillar rounded third, he had one thought on his mind as he ran toward his teammates waiting at home plate: protect his jersey.

Pillar had promised his mom Wendy and his wife Amanda that he'd take a Mother's Day picture with them after Toronto's 3-2 win over the Seattle Mariners on Sunday and he wanted to have his jersey in good shape for the photo op. His two-out, line drive home run in the bottom of the ninth, however, threatened the pristine condition of his jersey.

After touching home plate, Pillar escaped his roughhousing teammates and bolted for the home dugout at Rogers Centre. Still, third baseman Darwin Barney doused him and the jersey with Gatorade during a post-game TV interview.

"I got one of the buttons ripped but I wanted to keep it in as good a shape as possible for the photo," said Pillar. "It was a little orange but, those are memories I'll remember for the rest of my life and we got



The Jays welcome Kevin Pillar home after his walk-off solo shot on Sunday at Rogers Centre.

STEVE RUSSELL/TORSTAR NEWS SERVICE

the photo to commemorate it."

Pillar came to the plate with two outs and the game seemingly headed to extra innings, but he brought the 42,030 in attendance to their feet with his first career walk-off home run. He's also the first Toronto centre-fielder to hit a walkoff since Vernon Wells did it in July 2006.

Justin Smoak also hit a home run, a two-run shot in the sixth inning, for the Blue Jays (17-21), who have won five straight. To-

SUNDAY In Toronto

3	2
BLUE JAYS	MARINERS

ronto's four-game sweep of the Mariners was its first since the Blue Jays beat the Minnesota Twins in four straight in August 2015.

"It's a feeling you can't de-

scribe. It's just pure joy. It's the top of the mountain for a hitter," said Pillar when asked what it feels like to hit a walk-off home run. "To be in the box, put a good swing on it and watch it go over the fence. Look at a guy like Justin Smoak, who's not a real emotional guy, see what a home run does to him."

Aaron Sanchez returned to start after a stint on the 10-day disabled list and allowed one unearned run, five hits and struck

48

Kevin Pillar's homer, his 48th hit of the season, briefly put him in the AL lead for total hits before the Rays' Corey Dickerson notched four in Tampa Bay's 11-2 win over the Red Sox to put the left-fielder on 49 hits after Sunday's action.

out four in five innings pitched. He was pulled after 78 pitches in favour of Dominic Leone.

Sanchez was out since May 1 with a split nail on the middle finger of his throwing hand. Blood appeared on Sanchez's right thigh, around his belt, after two innings — presumably from his throwing hand. Leone was followed by Ryan Tepera, who earned the win after working 2-1/3 innings and striking out two.

After the game, Sanchez acknowledged that he had been bleeding but only wanted to speak about the game.

"I felt like if I went out there thinking about (my injury), I was already defeated," said Sanchez. "So I went out there to compete, attack, not even worry about what's going on with my finger. Just go out there until I reached my pitch count."

THE CANADIAN PRESS

PLAYERS CHAMPIONSHIP

Youngster strong at Sawgrass

Si Woo Kim of South Korea became the youngest winner of The Players Championship with a game and nerves well beyond his 21 years.

On a TPC Sawgrass course where anything can go wrong without notice, Kim was the only player to go bogey-free Sunday and closed with a 3-under 69 for a three-shot victory in golf's biggest tournament this side of the majors.

He also managed to take all the suspense from TPC Sawgrass in Ponte Verde Beach, Fla.

All that could stop him was the final two holes, when Kim had a two-shot lead and faced a tee shot to an island green, and then a closing hole with water all the way down the left side. Kim hit the 17th green and two-putted from 45 feet, and he smashed another drive right down the middle.

Even though Kim only hit eight greens in regulation, he went six straight holes on the back without facing a par putt over two feet. Kim bumped a fairway metal to just over three feet on the final hole and rapped in the par putt to begin the celebration.

"I still can't believe I'm the champion, and I'm the youngest champion," Kim said. "I'm looking forward to working hard from now on."

THE ASSOCIATED PRESS

NBA PLAYOFFS

Warriors dig out of hole to sting Spurs

Stephen Curry started the rally in the third to get Golden State going, then Kevin Durant was determined to do his part in the fourth.

Two of the biggest stars on one side delivered when the best player on the other went down.

Curry scored 40 points and hit a tying three-pointer with 1:48 remaining, and the Warriors rallied from 25 points down after Kawhi Leonard was lost to an injury to beat the San Antonio Spurs 113-111 on Sunday in Game 1 of the

GAME 1 In Oakland



Western Conference final.
THE ASSOCIATED PRESS

IN BRIEF

Tottenham leaves White Hart Lane in style

Tottenham fans flooded onto the pitch after a 2-1 victory over Manchester United in the final game at White Hart Lane secured second place in the Premier League and the team's highest finish in 54 years.

The last-ever goal at the 118-year-old stadium came from United's Wayne Rooney but Victor Wanyama and Harry Kane had already scored to ensure it was a joyful send-off. THE ASSOCIATED PRESS

UFC 211

Miocic retains belt with 1st-round TKO

A piece of history and a measure of revenge both came swiftly for Stipe Miocic.

Miocic beat Junior Dos Santos with a technical knockout at 2:22 in the first round to defend his heavyweight title at UFC 211 on Saturday night in Dallas.

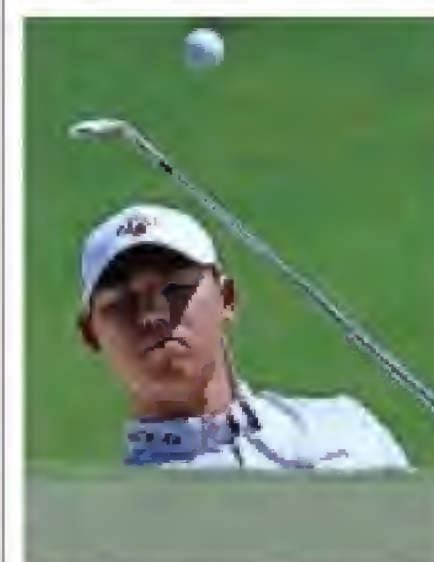
In the co-main event, Joanna

Jedrzejczyk of Poland scored a unanimous, five-round decision over third-ranked Jessica Andrade to defend her women's straw-weight championship.

Since the heavy-weight division was formed in 1997, only Miocic, Randy Couture, Tim Sylvia, Cain Velasquez and Brock Lesnar have won two title defences.

GETTY IMAGES

THE ASSOCIATED PRESS



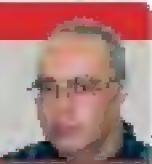
Si Woo Kim played his final 20 holes of the Players Championship without a bogey. THE ASSOCIATED PRESS

Ryan rises to redemption

Sens full of belief

SENS VS. PENS

Murray Pam
FOR METRO



When Bobby Ryan raised his arms in jubilation after scoring his game-winning overtime goal Saturday, there was a sense of a giant weight being lifted off his shoulders.

Ryan's season didn't go as planned. Production-wise, 25 points in 62 games was his worst statistically since becoming a full-time NHLer with the Ducks in 2008-09.

But for this one moment in time, the 30 year-old's memory of an underwhelming regular season came to a sudden halt. Ryan corralled line-mate Jean-Gabriel Pageau's chip up the right side boards, out-muscled Penguins defence-man Olli Maatta at centre ice, then outskated him to the net, depositing the puck over netminder Marc-Andre Fleury.

Ryan's marker put the Senators in the driver's seat, giving them a 1-0 Eastern Conference final series lead over the heavily favoured

Penguins. More importantly, the victory takes away Pittsburgh's home-ice advantage.

During the post-game availability Senators coach Guy Boucher intimated Ryan had a tough year on a personal level.

His off-season was bitter-sweet, Ryan's wife, Danielle gave birth to their first child, daughter Riley. Just weeks later in July, his mother, Melody succumbed to cancer.

Melody was Ryan's protector during his childhood and adolescence. In a much-documented story, the Ryans, then known as the Stevensons, evaded U.S. Marshals for several years while the family lived in anonymity. Dad Bob was wanted on several charges including the attempted murder of



It felt great, obviously, to come through in an important and crucial moment.

Bobby Ryan

Melody.

The Stevensons stuck together for her son's sake until Bob's arrest. Afterwards, Melody did everything possible to further Bobby's talented career.

Ryan was never right during the 2016-17 campaign. There was a four-game goal streak in December.



Bobby Ryan scores past Penguins goalie Marc-Andre Fleury in overtime on Saturday night in Pittsburgh to give the Senators a 1-0 series lead. GREGORY SHAMUS/GETTY IMAGES

However, the 2005 second overall draft selection suffered bouts of inconsistency. He was shifted from line to line, never finding a comfort level.

Ryan also attempted to play through a right finger injury that originally occurred Nov. 19. The index finger never truly healed. After possibly making it worse almost three months to the day, he was shut down for 11 games.

Upon his return, Boucher

saddled the six-foot-two, 204 pounder alongside Pageau in a checking role. Boucher said Ryan performed admirably but wasn't having any puck luck. However, prior to scoring in the Sens' final contest of the regular season, he had failed to notch a point in 12 games.

On Saturday, Ryan became the first Senator to score two OT game-winners in one playoff year. Noting the post-season is a "refresh" and relishing the opportunity to

"redeem" himself. Ryan is finally in the right frame of mind. Deleting his primary Twitter account in March likely contributed to a better overall focus, too.

Compiling 11 points in 13 playoff games, second only to Erik Karlsson's 13 points, Ryan has silenced detractors and Senators fans are appreciative of that.

A day after they slowed, stalled and ultimately outlasted the defending Stanley Cup champion Pittsburgh Penguins on the road in Game 1 of the Eastern Conference final, the Ottawa Senators found much of the narrative surrounding them carried a hey-how'd-you-do-that tone.

While the Senators seemed happy to analyze their 2-1 overtime win Saturday, they were equally intent on looking ahead to Game 2, set for Monday night at PPG Paints Arena, and expressing a belief in themselves moving further into the series.

"We know as a group we have good hockey players. We're a good team," said goaltender Craig Anderson, who made 27 saves.

"(Pittsburgh has) got some great players. Watching them play against Washington (in Round 2), they played great as a team. So it's just a matter, for us, staying in the moment, and, win or lose, getting ready for the next one."

Ottawa, a team left out of the playoffs last season, ran off Boston and the New York Rangers before taking the series lead against Pittsburgh. That has either spawned, or been the result of, a newfound cohesion.

"Honestly, it's been amazing throughout the whole playoffs," veteran centre Zack Smith said. "When you have that confidence behind you, it's a lot easier to play." THE CANADIAN PRESS

5

Ottawa killed all five Pittsburgh power plays in Game 1.

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IN BRIEF

U.S. coasts past Slovakia

The United States defeated Slovakia 6-1 Sunday to stretch its winning run at the ice hockey world championship to five games ahead of its Group A showdown with Russia.

Johnny Gaudreau finished with two goals to take his tournament tally to six, while Jimmy Howard made 19 saves.

THE ASSOCIATED PRESS

Nadal hitting his stride ahead of French Open

Rafael Nadal defeated Dominic Thiem 7-6 (8), 6-4 Sunday in the Madrid Open final to win his third straight title and continue his good form heading into the French Open.

Nadal earned his 15th straight victory on clay and tied Novak Djokovic's record of 30 career titles in Masters 1000 events.

THE ASSOCIATED PRESS

Hamilton gains ground on Vettel with win in Spain

Lewis Hamilton beat Sebastian Vettel to win the Spanish Grand Prix on Sunday, tightening Formula One's intense title fight.

Hamilton's second win in five races this season, and the 55th of his career, cut Vettel's lead from 13 points to six heading into the Monaco GP.

THE ASSOCIATED PRESS

Quintana grabs pink jersey at Giro d'Italia

Nairo Quintana rode away from his main rivals up the gruelling climb to Blockhaus to win the ninth stage of the Giro d'Italia and take the leader's pink jersey in a leg that was marred by a mass crash involving a police motorbike.

Quintana won the 2014 Giro and is a two-time runner-up in the Tour de France. THE ASSOCIATED PRESS

MAKE IT TODAY

Easy Overnight Oat and Chia Pudding



PHOTO: NATALIE VIERSTE

Cori Marsh & Laura Keogh
For Metro Canada



Spend a few minutes prepping these nutrition-packed little babies tonight and wake up with time for a leisurely breakfast tomorrow.

Ready: Overnight

Prep time: 5 minutes
Chill time: Overnight
Serves 2

Ingredients

- 1/2 cup almond milk
- 1 cup plain Greek yogurt
- 1/4 cup dried blueberries
- 3 Tbsp quick cook oats
- 2 Tbsp chia seeds
- 1 Tbsp maple syrup
- 1/4 tsp vanilla extract
- pinch allspice
- pinch salt

- raspberries
- slivered almonds
- **Optional extras:** chia, flax meal, hemp heart seeds, bee pollen, walnuts, slivered almonds, pecans, pumpkin seeds, sunflower seeds or even nut butters

Directions

1. In mixing bowl, whisk almond milk and Greek yogurt. Add blueberries, oats, chia, maple syrup, extract, allspice and salt and mix.

2. Pour into two jelly-size jars and refrigerate overnight.

3. In the morning, top puddings with your favourite bits like raspberries, apple slices, banana or other fruits.

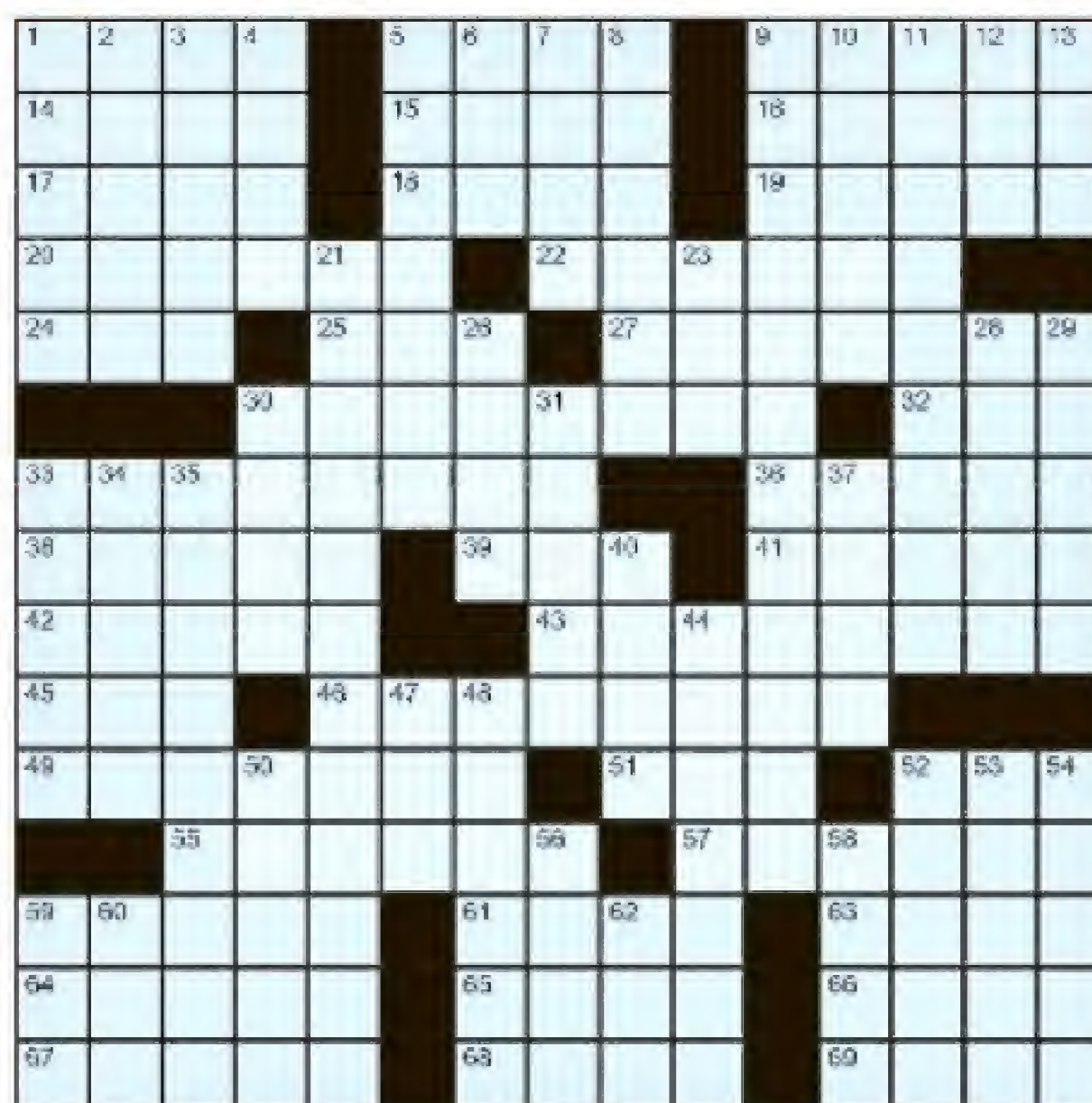
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Clothed
5. Malayan sailing boat
9. Berry, in Rome
14. Tear apart
15. Cliff spot
16. Branch of knowledge scientific suffix
17. 'Hypn' suffix
18. Vientiane is its capital
19. "It's true, I swear!": 2 wds.
20. Ms. Goldberg
22. E-business
24. Secluded spot
25. Perform
27. Suggestion/proposal
30. Puts into motion: 2 wds.
32. Middle
33. David Johnston, The _ General of Canada
36. Skincare brand
38. Video game pioneer
39. Butter portion
41. Comparably tomato-hued: 2 wds.
42. Kind of acid
43. Like women as compared to men for the same work: 2 wds.
45. Pizza's 'Pepper' add-on
46. Don't go off the beat: 2 wds.
49. Inconsiderate motorist
51. _-tourism
52. Simon & Garfunkel's " _ Robinson"
55. Muss up one's mane
57. Choice
59. _ 'hello' (Greeted)
61. Visiting Van-



- couver's prov.: wd. + acronym
63. Rat-a-tat-tat stuff
64. Verb learned in introductory French class
65. Musically disconnected, briefly
66. Docking spot
67. Receded

68. Humour columnist Ms. Bombeck (b.1927 - d.1996)
69. Rob Roy, for one

DOWN

1. One gathers during a scene
2. Limber
3. Engined-bird flying

- over Montreal
4. Design style, with Art
5. Large-billed seabird
6. Suggested nutritional amt.
7. Prayer starter, " _ _ _"
8. _ Fables

9. Now-in-theatres 2017 sequel to the same-named popular 2006 Canadian action/crime/comedy in which #11-Down and #21-Down reprise their roles: 4 wds.
10. Standoffish
11. Actor starring as

- the Anglophone officer Martin Ward in #9-Down: 2 wds.
12. Movie's special effects, commonly
13. Skipper's 'sure'
21. Actor starring as the Francophone officer David Bouchard in #9-Down: 2 wds.
23. Writer Mr. Capote, to pals
26. De _ (Excessive)
28. Charlotte Bronte heroine Jane, and surnamesakes
29. Marsh plants
30. Bandar _ Begawan (Brunei's capital)
31. Maria von _ (Julie Andrews role)
33. Hollywood legend Zsa Zsa
34. Autumn, in Barcelona
35. Fluctuation
37. L' _ Verte, Quebec
40. _ measure
44. Chrysler's legendary executive, Lee _
47. Winged ancient Greek goddess
48. Church: French
50. 1959: "Pink Shoe Laces" by _ Stevens
52. Imitate
53. Juliet's beau at the balcony
54. Huff
56. Intermission, _acte
58. Bugler's melody
59. Viewed
60. Ms. Gardner
62. Loud sound!

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You are giving a lot of thought to your earnings and cash flow at this time. But at a deeper level, you're wondering about your values in life. In other words, what really matters?

Taurus April 21 - May 21
You are empowered now because the Sun is in your sign. This happens only once a year for four weeks. Use this to your advantage!

Gemini May 22 - June 21
This is the time to think about your personal new year, which will begin on your birthday. How do you want your new year to be different from this year? Think about this.

Cancer June 22 - July 23
This is a good time to think about your long-term goals. If you share your hopes and dreams for the future with someone else, his or her feedback might help you.

Leo July 24 - Aug. 23
You look good in the eyes of others right now because the Sun is at the top of your chart. Make the most of this and demand the advantage!

Virgo Aug. 24 - Sept. 23
Grab every opportunity that comes your way to travel or explore further education today, because you want to expand your world. You want adventure and new knowledge.

Libra Sept. 24 - Oct. 23
Life is quite intense right now, which is why your response to everyone and everything also is intense. This passionate time will last for another week.

Scorpio Oct. 24 - Nov. 22
Acknowledge the fact that you need more sleep now. Get more rest and respect this. Take care of yourself.

Sagittarius Nov. 23 - Dec. 21
Because you are keen to get better organized at this time, give yourself the right tools to do a good job. Buy shelving, labels, cleaning equipment, paint — whatever you need.

Capricorn Dec. 22 - Jan. 20
This is a playful, romantic and creative time for your sign. Use it to enjoy vacations, romantic interludes with others and fun activities with children.

Aquarius Jan. 21 - Feb. 19
It's totally appropriate to put home, family and your private life first right now. For the next week, this will be your top priority. A conversation with a parent might be important.

Pisces Feb. 20 - March 20
Your days are fast-paced, and you're also full of bright, clever ideas. Just go with the flow and enjoy visiting friends, a busy schedule and interesting short trips.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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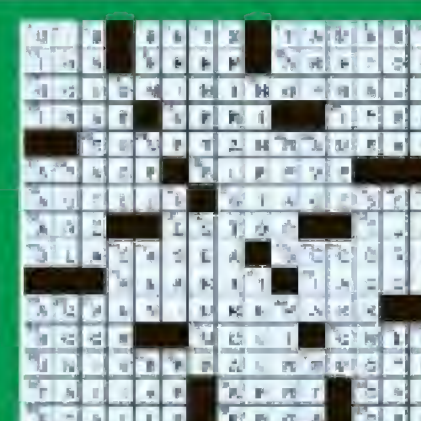
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